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**JANUARY IS *POSITIVE PARENTING AWARENESS MONTH***

**IN SANTA CRUZ COUNTY**

**SANTA CRUZ COUNTY, CA –** **December XX, 2013** – Leaders from Triple P Santa Cruz County, the local version of one of world’s leading positive parenting programs, announced today that January 2014 has been proclaimed Positive Parenting Month in Santa Cruz County by the Santa Cruz Board of Supervisors. Positive parenting helps parents and caregivers develop more positive relationships with their children, become more confident as parents and help ensure greater well-being for families.

Santa Cruz County families can take advantage of various parenting programs, such as the scientifically-proven Triple P - Positive Parenting Program, which is offered at low- or no-cost, in English and Spanish, by many local organizations and individuals throughout the county. Triple P is available locally to families with children from birth – 16 years old, thanks to a partnership between First 5 Santa Cruz County, the Santa Cruz County Health Services Agency and the Santa Cruz County Human Services Department. More than 2,000 parents and children in Santa Cruz County benefit from the Triple P program each year.

To mark this year’s Positive Parenting Awareness Month, Triple P Santa Cruz County will be releasing the *Pocket Guide for Parents of Teens*. This guide is modeled after the current *Pocket Guide for Parents* of children from birth – 12 years old, and will serve as a handy resource for helping with parenting challenges. Challenges covered in the new guide include handling rudeness & disrespect, anxiety & depression, healthy eating, and friends & peer relationships.

In January, Triple P Santa Cruz County will offer the following free classes:

January 13, 2014: Spanish Language Seminar

5:00 - 6:30 pm

El Poder de ser Padres Positivos

La Manzana Recursos Comunitarios

521 Main St, Suite G, Watsonville

# January 16, 2014: English Language Workshop

# 6:00 - 8:00 pm

# Helping Children Cope with Fears

Mountain Community Resources

6134 Highway 9, Felton

January 16, 2014: English Language Seminar

6:00 – 8:00 pm

The Power of Positive Parenting

Vine Hill Elementary, Music Room (Portable #5)

151 Vine Hill School Road, Scotts Valley

January 20, 2014: Spanish Language Seminar

5-6:30 pm

Como Criar Hijos Seguros y Capaces

La Manzana Recursos Comunitarios

521 Main St, Suite G, Watsonville

January 22 – March 12: Spanish Language 8-Week Group

6:00 – 8:00 pm

Grupo de 8 semanas: para familias con niños 2-12 años

La Manzana Recursos Comunitarios

521 Main St, Suite E, Watsonville

January 23, 2014: English Language Seminar

6:00 – 8:00 pm

Raising Confident, Competent Children

Vine Hill Elementary, Music Room (Portable #5)

151 Vine Hill School Road, Scotts Valley

January 27, 2014: Spanish Language Workshop

5:00 - 6:30 pm

Como Criar Hijos Resistentes

La Manzana Community Resources

521 Main St, Suite E, Watsonville

January 29, 2014: English Language Seminar

6:00 – 7:30 pm

Raising Responsible TeensAptos Jr. High, Room 1

1001 Huntington Drive, Aptos

January 30, 2014: English Language Seminar

6:00 – 8:00 pm

Raising Resilient Children

Vine Hill Elementary, Music Room (Portable #5)

151 Vine Hill School Road, Scotts Valley

To register for classes, contact First 5 Santa Cruz County at (831) 465-2217 or visit <http://first5scc.org/calendar/parent-trainings>

**About Triple P**

The Triple P - Positive Parenting Program is a world-renowned program available to families in Santa Cruz County who have children ages birth to 16, including children with special needs. Backed by more than 30 years of international, scientific research, Triple P teaches how to make small changes that make a big difference. Triple P equips families with proven strategies for strengthening relationships with their children and for preventing or managing a full range of parenting challenges. The program is available to all families in Santa Cruz County through a partnership between First 5 Santa Cruz County, the Santa Cruz County Health Services Agency and the Santa Cruz County Human Services Department. For more, visit triplep.first5scc.org or facebook.com/triplepscc.

**About First 5 Santa Cruz County**

First 5 Santa Cruz County invests in health, early learning and family support to promote the well-being of children. A growing body of scientific evidence points to the economic and societal impacts of wise investments in the early years. First 5 Santa Cruz County is dedicated to giving children the opportunities they need to reach their full potential. First 5 Santa Cruz County was established by the Santa Cruz County Board of Supervisors in December 1998 by urgency ordinance to ensure that family-friendly services and education are available, so that each child reaches the fifth year of life healthy, ready and able to learn, and emotionally well developed. We are committed to involving community members, as well as professionals working with young children and their families. For more, visit www.first5scc.org.